

Lowedges Junior Academy handwriting long term plan - Year 1

Handwriting is to be taught daily.

At the start of each handwriting session, ensure children are in the correct sitting position and that they are holding their pencil in the 'tripod grip' (see diagram at the end of this document).

Children should write one line in pencil and another line in purple pen.

Refer to the 'Formation Guide' for help on the formation of letters and numbers.

Autumn 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Introduction to the line guide. Tall, short and tail soldiers Focus on finger spaces.	Forming numbers on a line guide and on squared paper. Introduction to numbers 0, 1, 2, 3, 4.	Forming numbers on a line guide and on squared paper. Introduction to numbers 5, 6, 7, 8, 9.	Curly caterpillar family. Introduction to the letters c, a, o. Include capital letters C, A, O. CEW to practise - a	Curly caterpillar family. Introduction to the letters d, g, q. Include capital letters D, G, Q. CEW to practise – do, go	Curly caterpillar family. Introduction to the letters e, s, f. Include capital letters E, S, F. CEW to practise – of, off, as, so	RECAP week.

Autumn 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Recap all curly caterpillar family letters (c, a, o, d, g, q, e, s, f). Include all capital letters. CEW to practise -	Bridge family. Introduction to the letters r, n, m. Include capital letters R, N, M. CEW to practise – are, Mrs, no, once, me	Bridge family. Introduction to the letters h, b, p, k. Include capital letters H, B, P, K. CEW to practise – he, she, her, be	Bridge family. Recap all bridge family letters (r, n, m, h, b, p, k). Include capital letters. CEW to practise – Mr, come, one, make	Ladder family. Introduction to the letters i, l, t. Include capital letters I, L, T. CEW to practise – said, all, like, the, into	Ladder family. Introduction to the letters j, u, y. Include capital letters J, U, Y. CEW to practise – to, little, out, you, by	Ladder family. Recap all ladder family letters (i, l, t, j, u, y). Include capital letters. CEW to practise – my, they, there

Spring 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Recap all curly caterpillar family letters. Include capital letters.	Recap all bridge family and ladder family letters. Include capital letters.	Zig zag family. Introduction to the letters v, w, z, x. Include capital letters V, W, Z, X. CEW to practise – love, have, we, was	Recap all curly caterpillar family letters. Include capital letters. CEW to practise – where, when, find	Recap all bridge family letters. Include capital letters. CEW to practise – were, who, I’m, some	Recap all ladder family letters. Include capital letters. CEW to practise – why, what, ask	Recap all zig zag family letters. Include capital letters. CEW to practise – with, down, today, eyes

Spring 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Recap upper case and lower case letters together in pairs. Aa, Bb, Cc, Dd, Ee, Ff, Gg Ensure explicit teaching of letter names is seen between upper and lower case letters.	Recap upper case and lower case letters together in pairs. Hh, Ii, Jj, Kk, Ll, Mm Ensure explicit teaching of letter names is seen between upper and lower case letters.	Recap upper case and lower case letters together in pairs. Nn, Oo, Pp, Qq, Rr, Ss, Tt Ensure explicit teaching of letter names is seen between upper and lower case letters.	Recap upper case and lower case letters together in pairs. Uu, Vv, Ww, Xx, Yy, Zz Ensure explicit teaching of letter names is seen between upper and lower case letters.	Introduce writing the days of the week. Monday, Tuesday, Wednesday, Thursday Ensure explicit teaching of capital letter at start of words.	Introduce writing the days of the week. Friday, Saturday, Sunday Ensure explicit teaching of capital letter at start of words.	Recap the days of the week.

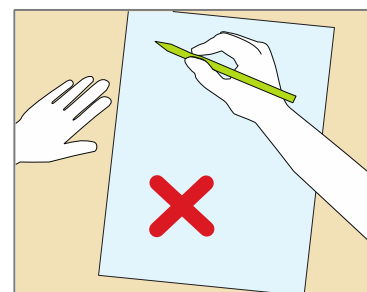
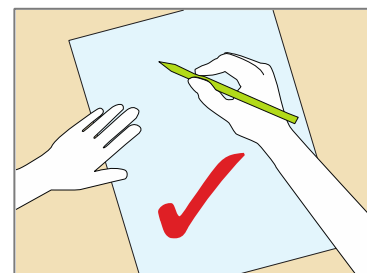
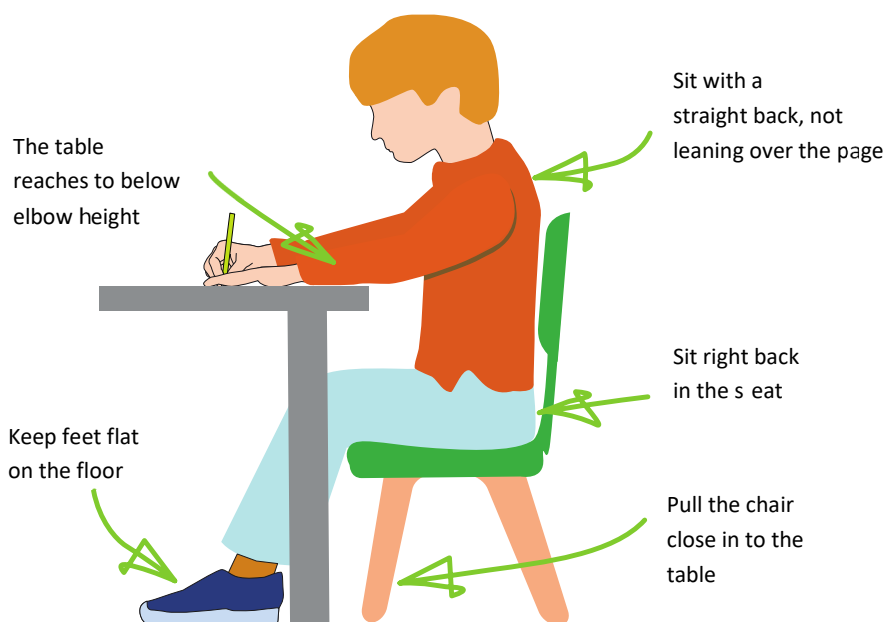
Summer 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Practise groups of letter as digraphs. ss, ll, ff, ck, zz, qu, ch, sh Suggested words- hiss, pass, sell, full, huff, bluff, kick, sock, buzz, fizz, quick, quiz, chin, chat, ship, push. CEW to practise – will, pull, back, children, push	Practise groups of letter as digraphs. ng, ing, th, ai, ee, igh, oa, oo Suggested words – CEW to practise – that, this, see, too, school	Practise groups of letter as digraphs. ar, er, ir, ur, or, oi, ow Suggested words – CEW to practise – water, down, now, for, oh	Practise groups of letter as digraphs and trigraphs. ear, air, ure, ie, ou, ea, au, aw Suggested words – CEW to practise – friend, saw, your	Practise groups of letter as digraphs. oy, ue, ew, ou, ay Suggested words – CEW to practise – house, today, day, says	Introduce writing the months of the year. January, February, March, April, May, June Ensure explicit teaching of capital letter at start of words.	Introduce writing the months of the year. July, August, September, October, November, December Ensure explicit teaching of capital letter at start of words.

Summer 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Recap writing the days of the week.	Recap writing the months of the year.	Introduce writing the number words. one, two, here, four, five, six, seven, eight, nine, ten	Introduce writing the number words. eleven, twelve, thirteen, fourteen, fifteen, sixteen, seventeen, eighteen, nineteen, twenty	Practise writing these common exception words. people, the, could, out, can't, called, here, very	Practise writing these common exception words. looked, eyes, you, should, old, don't, school, asked	

Correct Sitting Position

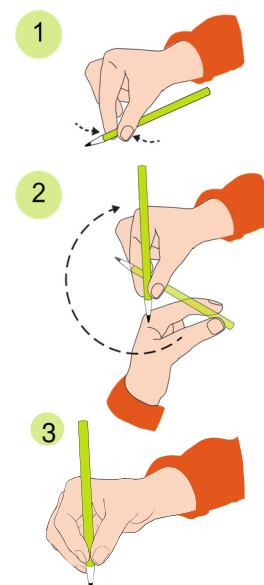


Paper position for right handed children

The Tripod Pencil Grip

Both right and left handed children should be encouraged to use the tripod grip which allows the pen/pencil to be held securely whilst allowing controlled movements of the pen/pencil nib. Teachers should pay particular attention to pencil grip and sitting position.

- 1) Grip the pencil with your index finger and thumb with the nib pointing away.
- 2) With your free hand, spin the pencil from underneath.
- 3) Use your middle finger to support the underside of the pencil.



If a child is not using the tripod pencil grip, ensure a pencil grip assessment has been done to put in appropriate interventions.